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TRUDEAUS IN CUBA

Sophie brings message of gender equality — and leaves the kids at home

metroNEWS

'WE WILL MISS HER'

Vancouver Aquarium staff mourn the loss of Qila — the first Beluga born and raised in captivity in Canada metroNEWS

THE CANADIAN PRESS

Empty homes tax approved

HOUSING CRISIS

Vancouver becomes first in Canada to pass motion

Jen St. Denis
Metro | Vancouver

Vancouver now has the distinction of being the only city in Canada to levy a tax against property owners who leave apartments and houses empty for more than six months a year.

City council passed the motion on Nov. 16, with NPA councillors Elizabeth Ball, George Affleck and Melissa De Genova voting against the motion.

Coun. Adriane Carr, the sole Green Party councillor, voted along with Vision councillors and Mayor Gregor Robertson to adopt the bylaw, which will levy one per cent of the property's assessed value if the homeowner cannot prove the home is their principal residence and does not meet a number of exemptions.

Council heard from several owners of second homes who spoke against the tax, saying it would put an unexpected obstacle in their retirement plans to spend equal amounts of time in two places.

Paula Chu told council that she is a Canadian citizen who lives in Bellingham, Washington. After renting out an investment condo in Vancouver for 11 years, she and her husband had made the decision to live in it part time because they are both now retired.

"To our dismay, two weeks after making this decision, we received a letter from you stating there would be a potential penalty," she said.

The bylaw was passed with an amendment introduced by Coun. Kerry Jang, instructing staff to work with Canada Mortgage and Housing Corporation and other agencies to try to find out how many of Vancouver's estimated 10,000 empty homes are second homes used regularly by the owner or their family.

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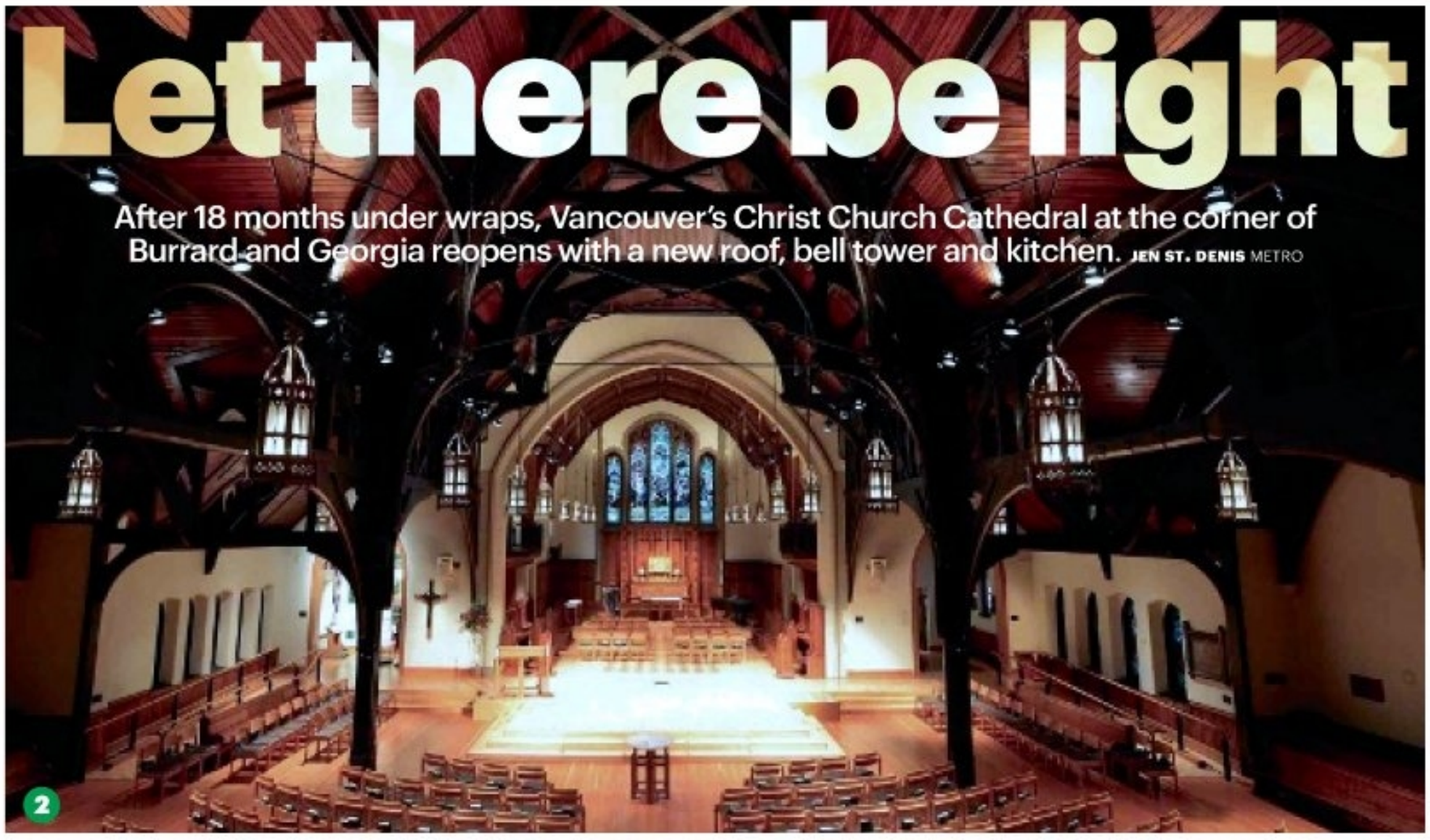
metro NEWS

Your essential daily news

The Royal Canadian Geographic Society has pitched the Gray Jay as Canada's national bird

Let there be light

After 18 months under wraps, Vancouver's Christ Church Cathedral at the corner of Burrard and Georgia reopens with a new roof, bell tower and kitchen. JEN ST. DENIS METRO

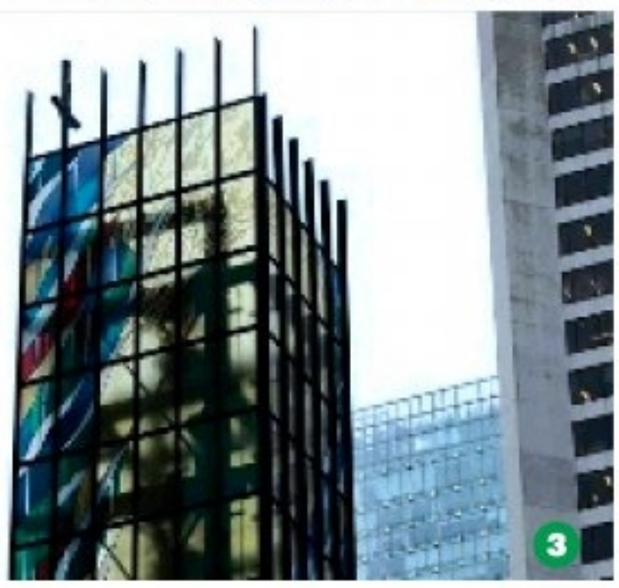


It's hard to imagine now, but when Christ Church Cathedral was built in 1894, it was the tallest building in what was then a residential part of Vancouver.

"Mariners coming into Coal Harbour used the cathedral as a navigation point, and they called it the light on the hill," said Peter Elliott, rector of Christ Church Cathedral.

The historic church has been hidden under scaffolding for the past 18 months, but it emerged this week. The church now has a new metal roof, a striking stained glass bell tower that will be lit up at night and an expanded kitchen.

The church hopes that by expanding its kitchen, it will be able to expand an existing meal program that currently serves a basic lunch to around 100 needy people every day. The church will be having an event to celebrate the first lighting of the spire and inaugural bell ringing Thursday.



1 Peter Elliott, rector of Christ Church Cathedral. With a new, bigger kitchen, the congregation hopes to expand its meal program for people in need.

2 4 The renovation of Christ Church Cathedral cost a total of $9 million, which the church funded through donations from several family foundations, a grant from the province, individual donors and bank financing.

3 A new bell tower made of glass, which will be lit up at night, was added to provide a distinctive new element to the church.

ALL PHOTOS: JENNIFER GAUTHIER/METRO

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Horgan's co-op housing promise

ELECTION CAMPAIGN

Opposition leader slams premier for sitting 'idly by'

David P. Ball
Metro | Vancouver

British Columbia's Opposition leader accused Premier Christy Clark of creating the housing crisis in the province and then sitting "idly by," in an election campaign announcement Wednesday afternoon.

John Horgan made the remarks as he promised to budget an estimated $11 million a year to replace expiring federal subsidies for low-income residents of B.C.'s 14,500 co-operative housing units.

"We don't believe that these people should be left with the anxiety that's resulting from the federal withdrawal from this sector," he told reporters in South Vancouver's Cedar Mill Housing Co-op.

With co-op residents in the background, New Democrat leader John Horgan announces $11 million annually to subsidize B.C.'s low-income co-op housing residents, flanked by his housing critic David Eby in Vancouver on Wednesday. DAVID P. BALL/METRO

"We don't believe that it's enough to just let Christy Clark just sit idly by and create a housing crisis — not just for those who are trying to buy in Vancouver, not just for those who can't find rental accommodation in Vancouver, but (also) those who are currently in co-op housing who are in distress."

For Tom McGregor, a resident of Cedar Mill Housing Co-op for 18 years who attended Horgan's announcement, the pledge signals an important recognition of the importance of the housing model.

> **Co-op residents are fearful that their quality of life will disappear ... and when they go to the province for answers they're not getting any.**
>
> John Horgan, B.C. NDP leader

"As a person with a disability, I needed an accessible unit," he told Metro. "Co-ops they provide much of the disability housing stock in the city that's not a hospital or care unit.

"I'm in a position where I'm not in a subsidized unit but it's comforting to know that, should my health or income drop, I would be taken care of."

The Co-operative Housing Federation of B.C.'s government relations director, Darren Kitchen, said it is "obviously important to keep the subsidies for vulnerable people who otherwise would just end up on BC Housing's waiting list, which is already way too long.

"Why push them out and force the provincial government to put them somewhere else?"

In a May 9 sitting of the Legislature, which is not currently in session, B.C.'s minister responsible for housing Rich Coleman said co-op housing residents are not eligible for low-income rent supplements because they're "considered homeowners and not renters, and therefore they're not eligible."

But he added, "that may change over time as the federal agreements expire, and the individuals within projects could become eligible for rent assistance on expiry.

"I guess the chickens are coming home to roost on this one in the next few years. We will work with the federal government ... and we're going to work through that."

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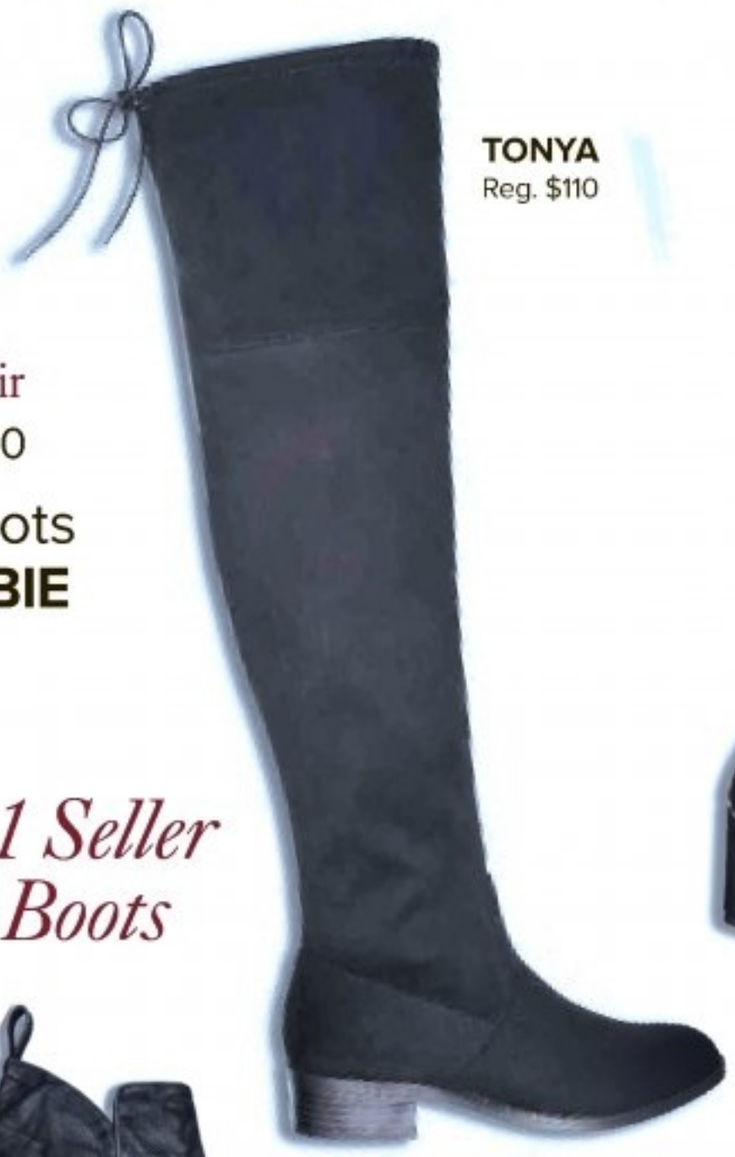

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Oil tanker a safety risk: Experts

BURRARD INLET

Engineers say ship may collide with two bridges

David P. Ball
Metro | Vancouver

A group of engineers has raised concerns about increased oil tanker traffic under the Second Narrows bridge. JENNIFER GAUTHIER/METRO

Could a 120,000-tonne Aframax-size oil tanker from Kinder Morgan's Burnaby terminal knock out two bridges over the Burrard Inlet?

That's a question posed Wednesday by Concerned Professional Engineers, a group of retired engineers including several with expertise in bridge-ship collisions, marine safety and port operations.

"I've been in this trade of ships and seaports," said Brian Gunn, former Westshore Terminals' engineering and maintenance manager for its coal facility in Tsawwassen, B.C. "(With) a seven-fold increase in tankers through the Second Narrows bridges, I'm amazed the federal government has not done a proper risk assessment about traffic through these two bridges."

Of particular concern to him and three others — University of British Columbia emeritus professor Ricardo Foschi, Peter Hatfield and Chris Peter — is the possibility that increasing the traffic through the Second Narrows would also increase the chances of an accident over the project's 50-year lifespan.

They presented their findings before the National Energy Board reviewing the plan in 2014, but Gunn said they were ignored when the board gave its approval.

In one scenario the engineers modeled, an oil tanker suffering a broken rudder might veer just two metres into the raised railway bridge tower before its tethered tug boats could correct course.

120K

Kinder Morgan's oil tanker weighs about 120,000 tonnes.

The vessel's momentum, Gunn argued, would mean it could hit the first bridge "with such force" that it could then be carried on the tanker's bow into the traffic-heavy Ironworkers' Memorial Bridge, "and potentially take out that bridge."

Kinder Morgan's nearly $7-billion pipeline expansion proposal would triple the flow of diluted bitumen oil through an existing pipeline from Alberta's oil sands to a terminal in Burnaby, increasing oil tanker traffic through the Burrard Inlet seven-fold.

Asked for an interview on the engineers' concerns, Trans Mountain directed Metro to the Vancouver Fraser Port Authority's website.

"For about 60 years, tankers have travelled through the Burrard Inlet without incident," stated a post by operations and planning vice-president Peter Xotta. "In that time, safety standards have continued to become more stringent."

The authority also stated online that Port Metro Vancouver's Second Narrows Movement Restriction Area Procedures require Aframax-sized oil tankers to only be 80 per cent full and have three tug boats attached. They may only pass under the bridge at daylight slack water, when the tide is highest.

UBC

Smoking pot could help drug users kick addictions: Study

Remember the old "gateway drug" theory that marijuana leads to harder drugs like cocaine or meth?

Now researchers at the University of British Columbia believe the idea might actually work in reverse.

A new study touted as one of the "most comprehensive" ever suggests that drug users — particularly those addicted to opioids and alcohol — could benefit from using marijuana as a reverse "stepping stone" away from more dangerous substances.

According to UBC associate professor of psychology Zach Walsh, "research suggests that people may be using cannabis as an exit drug to reduce use of substances that are potentially more harmful, such as opioid pain medication."

Additionally, his international team found evidence that cannabis could be helpful in treating the symptoms of social anxiety, post-traumatic stress disorder and depression. But according to the study, it "might not be recommended" for psychosis or bipolar disorder.

Walsh was lead investigator on an international team — including three others at UBC, Florida State University, California's National Centre for PTSD and Center for Innovation and Implementation.

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Beluga dies at Vancouver Aquarium

WILDLIFE

Qila was first of her kind born in captivity in Canada

Rebecca Chiu
Metro | Toronto

Qila, a beluga whale, the first to be born and raised in captivity in Canada, has died at the Vancouver Aquarium at the age of 21.

The aquarium paid tribute to the whale in a heartfelt message on their website on Wednesday.

"She was a delight for our team of staff and volunteers every single day — always the first to give us a wink, a little tail flap or a head bob in the morning," they wrote. "It is difficult to put into words the love we all had for her. We will miss her immensely."

> **It is difficult to put into words the love we all had for her. We will miss her immensely.**
> Vancouver Aquarium website

The first calf born to the aquarium's beluga Aurora in 1995, Qila was followed by two siblings who both died only a few years after they were born.

Qila and her mother were the subjects of research executed at the Vancouver Aquarium beginning in 2002, when scientists discovered vocalizations between beluga mothers and their calves, dubbed contact calls.

Qila herself gave birth to a female calf named Tiqa in June 2008, who later died at pneumonia at age three.

The facility said a necropsy was expected to be done Monday to determine the cause of the whale's sudden death.

According to Fisheries and Oceans Canada, the average lifespan of a beluga from Qila's ancestral population in Western Hudson Bay is 15 years, with some living up to 50.

WITH FILES FROM THE CANADIAN PRESS

Beluga whale Qila leaps out of the water at the Vancouver Aquarium in June 2014. DARRYL DYCK/THE CANADIAN PRESS

Copeland's sculpture nearly ready to Gogh

WORK OF ART

Statue based on famous artist's spitting image to be unveiled

A British man bearing a striking resemblance to Vincent van Gogh is the muse for a new work of art by Douglas Coupland.

The Vancouver-based writer and artist embarked on a worldwide search for individuals resembling the famed Dutch painter.

Daniel Baker of the southern England town of Christchurch emerged as the top doppelganger out of 1,250 entrants from 37 countries.

Baker travelled to Vancouver where he underwent a 3D scanning process using hundreds of cameras to generate facial data that Coupland will use as source material to create a large 3D bronze sculpture.

The piece was commissioned by Anthony von Mandl, who will install the sculpture at his winery in B.C.'s Okanagan Valley.

It will be the first in an ongoing series of commissioned monumental outdoor works titled "Redheads."

"Meeting Dan was a very strange experience because I'd spent months looking at Vincent lookalikes on a computer screen and then suddenly there was this man — my Vincent van Gogh — hopping out of a taxi looking like he'd just stepped out of the year 1889," said Coupland.

THE CANADIAN PRESS

COMING SOON

The completed piece will be revealed on April 22, 2017 at a special pre-conference event for attendees of the TED Conference in Vancouver.

Daniel Baker, who bears a striking resemblance to Vincent van Gogh, will be the star of a new work of art by the Vancouver-based Douglas Coupland. THE CANADIAN PRESS

REGIONAL SCIENCE

Studentification: Cultural property values collide

Jen St. Denis
Metro | Vancouver

A Simon Fraser University professor is asking whether B.C.'s new 15 per cent foreign buyer tax could have a negative impact on international students whose families have taken on considerable financial risk to get them a coveted Western education.

"Parents buy property here and the children go to school here and they know the culture and find a job here," said Qiyan Wu, who teaches urban and regional science.

"But now our tax policies (have) changed and parents have to think about some other places, like Seattle."

Wu has studied what he calls "jiaoyufication" (studentification) in China: the gentrification of neighbourhoods as middle-class parents move to certain areas to be within a certain school catchment. He's also interviewed a number of students and their parents as well as Vancouver realtors to see how the phenomenon is playing out in Vancouver.

In jiaoyufication, sought-after school catchment areas are "colonized" by "the professional and managerial classes," Wu writes, displacing the original residents. But it's a little different in Vancouver, where the investment in and appreciation of property is a bigger consideration.

Wu thinks "studentification" has affected neighbourhoods near SFU, the University of British Columbia and some secondary schools.

While all foreign buyers tend to be lumped together, Wu says there is a difference between the very wealthy foreign nationals who buy homes over $1.5 million, and the parents of university students who tend to purchase property priced at around $1 million.

Wu estimates that around four to five per cent of student buyers are very wealthy, but the rest are from middle-class families, with the parents making a huge financial sacrifice to put them through school.

Grégoire-Trudeau speaks for equality

Sophie Grégoire-Trudeau speaks at a panel discussion in Havana on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Justin Trudeau's mother Margaret charmed Cubans when she brought her infant son Michel there 40 years ago. A generation later, Trudeau's own wife followed Margaret's steps but came without her kids, charmed with fluent Spanish and delivered a message of support for gender equality.

Sophie Grégoire-Trudeau said that in countries where the culture is one of "machismo," strong men need to stand up and teach boys to respect women.

She spoke to an audience of mostly women at San Geronimo University in old Havana, urging them to tell their stories.

"In cultures where machismo is very present, we are reminded by amazing men" that many of them are wise, open and capable of loving and respecting women, she said. "They should be encouraged at a very young age to develop these qualities and this will have an impact on society at large." TORSTAR NEWS SERVICE

Prime Minister Justin Trudeau and Cuban President Raul Castro shake hands as they say goodbye after an event at the University of Havana on Wednesday. SEAN KILPATRICK/THE ASSOCIATED PRESS

Trudeau calms Cuba

DIPLOMACY

PM attempts to allay country's fears of Trump

Prime Minister Justin Trudeau told a group of Cuban students Wednesday that he won't change Canada's stance on Cuba, even though his views are at odds with the man set to lead Canada's biggest trading partner.

When asked about the U.S. embargo on Cuba, the election of Donald Trump and concerns about the future of Canada-Cuba relations, Trudeau repeatedly tried to calm curious university students in his audience.

The front row also held an unexpected guest: Cuban President Raul Castro. "For me, election results in the United States won't change the strong relationship that is a friendship and a partnership between Canada and Cuba," Trudeau said.

Trudeau said Canada doesn't see a contradiction or issue with being a steadfast and unflinching friend to Cuba and being an ally of the United States. He said the foreign affairs stance is one way Canadians reassure themselves "that we are our own country, that we make our own choices."

"We disagree with the approach the United States has taken with Cuba. We think that our approach is much better — of partnership, of collaboration, of engagement," he said.

"But it's not our job to tell our friends and allies what they should do or shouldn't do. It's our job to make sure we're doing what we know that we should do, that we can do in terms of creating opportunities for Canadians, for Canadian companies, but also opportunities for Cuba to continue to develop, to modernize, to improve in the many areas that it's building success in."

The hour-long session with students at the University of Havana came on the same day the Cuban military began five days of exercises. THE CANADIAN PRESS

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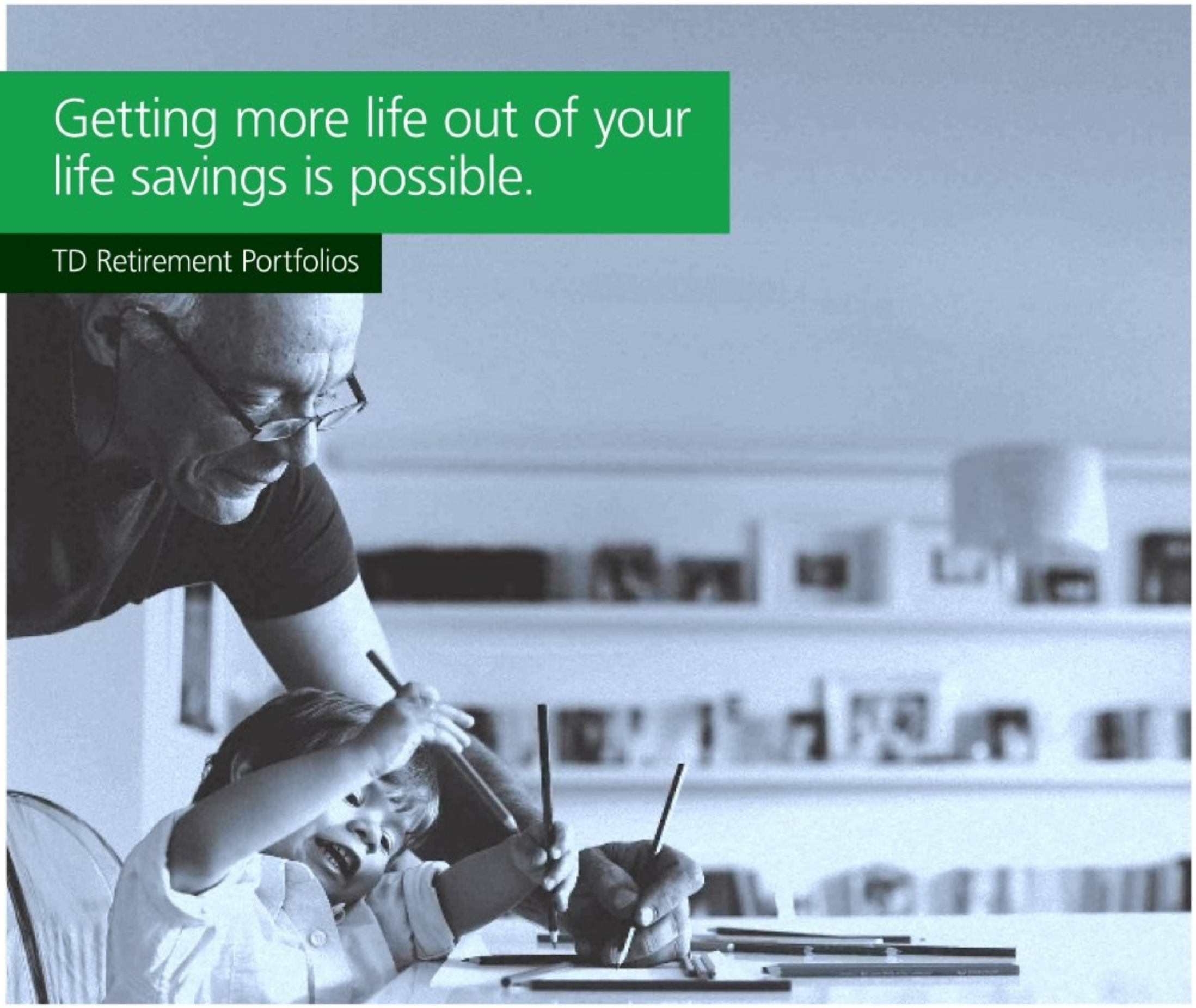

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#WomenOnBoards

A Metro special focus

Gender parity 'good for business'

DIVERSITY

Female board members aren't so difficult to find: Expert

Ryan Tumilty
Metro | Ottawa

Private corporations that have achieved gender diversity say the change isn't just good for society, it's good for business.

Pamela Jeffery, founder of the Pamela Jeffery Group, which recruits women for seats on private sector boards, said companies find a whole new perspective they have been missing when they broaden their search.

"They are not part of the traditional network, so they are probably coming onto a board and don't know the others at the table," she said. "They come in and they ask the tough questions."

As Metro has reported this week, Canada's Crown corporations, whose board of directors are appointed by the federal cabinet, reveal that about 34 per cent of those seats are now occupied by women.

Jeffery said that's actually a much better representation than is typical on private sector boards.

She points to a survey last year from the Canadian Board Diversity Council that showed about 19.5 per cent of the seats on the boards of the FP 500 are held by women.

"That is a very strong showing and I think it's one that is very important," she said. "The private sector is looking to government to take a leadership role."

Jeffery said there is a wide array of women able to serve on boards when companies decide to make a deliberate effort to diversify.

"It's not a question of supply — it is a question of demand," she said.

"There are many women who have the skills, the experience, the credentials to serve on boards who are not currently serving on boards."

Gail St. Germain, head of human resources and an executive vice-president with HSBC Canada, said the company believes its gender-neutral board is a tremendous asset.

"We know that diversity in business makes good business," she said. "It's important to represent the communities in which we serve."

The company's current president and CEO, Sandra Stuart, was a board member in 2010. St. Germain said at that time the board was 20 per cent women, but it has changed dramatically over the years.

St. Germain said diverse board members bring different ideas to the table and that helps expand the conversation.

"The diversity of thought and the depth of conversation really takes an outcome to a much more positive and balanced approach," she said.

Jeffery said an organization that wants to make change, including a Crown corporation, has to be willing to look further afield for board members.

She said simply asking for recommendations from the existing board won't work.

"Most board members are male and since most of those board members do not have strong networks that include women it self perpetuates."

ABOUT THIS SERIES

THIS WEEK Metro looked at the Crown corporations that the federal government oversees, which **our analysis shows are overwhelmingly male.**

Many of these Crown corporations have huge influence on the lives of Canadians, from the interest rates they pay banks, to mail delivery to airport security.

Pamela Jeffery, who specializes in finding qualified women for seats on private sector boards, says there are many women who have the skills, experience and credentials necessary to serve at the top levels of corporations. EDUARDO LIMA/METRO

WHAT YOU CAN DO

The federal cabinet appoints new directors to Crown corporation boards when positions open up. You can advocate for more diversity by contacting your MP and with the hashtag **#WomenOnBoards.**

Obama makes plea on final official trip

POLITICS

President urges the world never to give in to isolationism

Standing in democracy's birthplace, President Barack Obama on Wednesday issued a parting plea to world leaders not to let the fear of globalization tugging at Europe and the U.S. pull them away from their core democratic values. He argued it wasn't too late for a course correction.

On his last foreign trip as president, Obama has repeatedly tried to draw lessons from Donald Trump's victory in the U.S. presidential election, hoping it can serve as wakeup call in the U.S. and abroad. Conceding that many feel left behind by globalization, Obama said there was an understandable impulse toward isolationism and that if people feel their futures are at risk, "they'll push back."

President Barack Obama walks from the Parthenon during a tour of the Acropolis on Wednesday in Athens. THE ASSOCIATED PRESS

"People have to know that they're being heard," Obama said in a speech to the Greek people in Athens. But, he added, "We can't look backward for answers. We have to look forward."

While fewer people in the U.S. are looking to Obama for direction now that his successor has been chosen and his agenda largely rebuked, Obama has retained significant clout abroad. THE ASSOCIATED PRESS

HONOURS

Obama plans to honour 21 people with the nation's highest civilian honour, the Presidential Medal of Freedom, on Tuesday.

- Robert DeNiro
- Cicely Tyson
- Tom Hanks
- Robert Redford
- Kareem Abdul-Jabbar
- Michael Jordan
- Vin Scully
- Ellen DeGeneres
- Diana Ross
- Bruce Springsteen
- Bill and Melinda Gates
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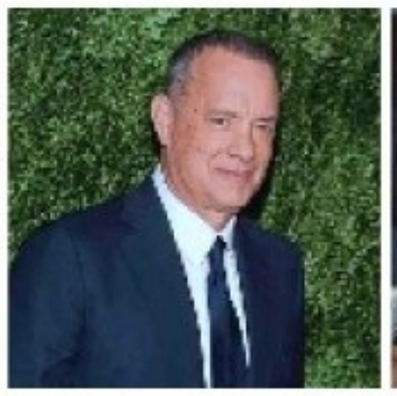

Left: Tom Hanks urged calm about a Trump presidency. **Right:** Midwestern State University students march in protest of Trump. THE ASSOCIATED PRESS

Donald Digest

A roundup of news about the president-elect

It's all smooth sailing
Trump and his team on Wednesday vigorously rejected charges of turmoil and infighting roiling efforts to set up his White House teams, saying the enormous endeavour was proceeding "so smoothly." AP

The gold standard
A backlash is brewing against Trump's daughter Ivanka because a $10,800 accessory her fashion company makes was turned into marketing fodder a day after she sported a version of the piece on 60 Minutes. TORSTAR

Hanks a lot, Tom
During an acceptance speech for a tribute to his career on Tuesday, Tom Hanks offered a simple post-election message: "We are going to be all right," he said. "America has been in worse places than we are at right now." TORSTAR

Students still riled up
College students at campuses around the U.S. rallied Wednesday, urging administrators to protect students and employees against immigration action under a Trump presidency. AP

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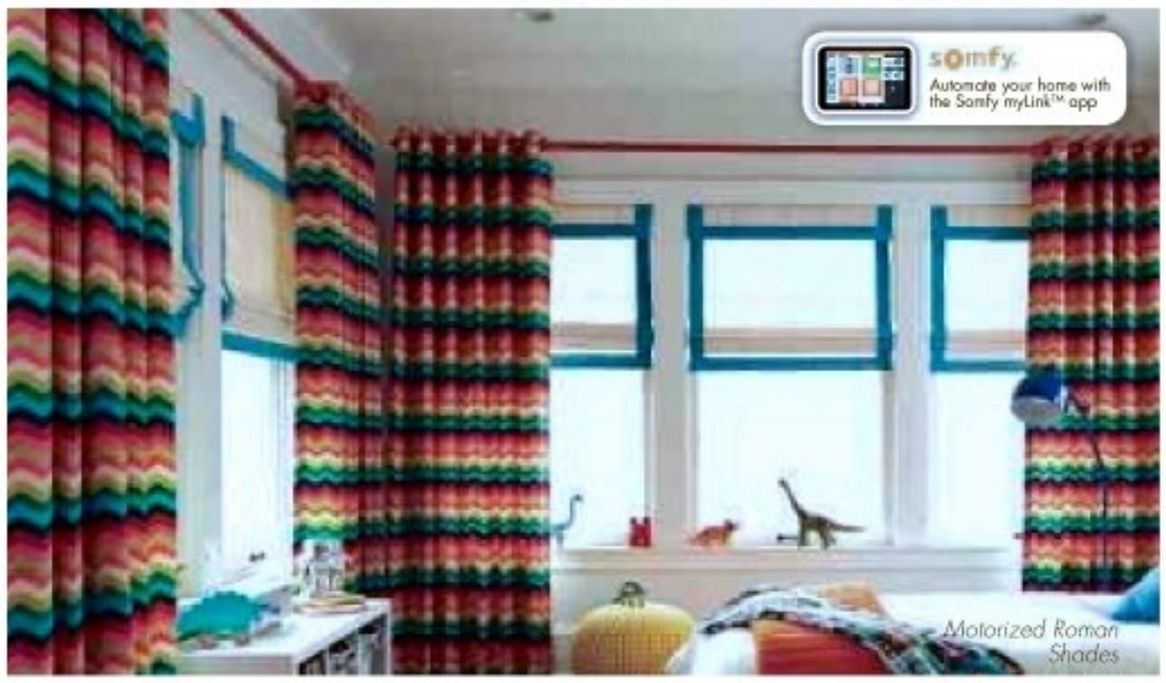

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Dozens dead in Aleppo bombing

SYRIA

Strikes part of an offensive on rebels Russia had announced

A child injured by airstrikes in Aleppo, Syria, on Wednesday. THIQA NEWS/THE ASSOCIATED PRESS

Bombs rained down on rebel-held eastern Aleppo for a second straight day Wednesday, pounding a district that houses several medical facilities, including the central blood bank, and forcing Syrian staff and patients in the only remaining pediatric hospital to cower in a basement as buildings collapsed around them.

At least 54 people were killed in airstrikes and artillery shelling across northern Syria, part of a long-anticipated offensive against rebel-held areas announced by Russia, a key ally of Syrian President Bashar Assad. The bombardment hit in besieged neighbourhoods of Aleppo, as well as the surrounding countryside and the nearby rebel-held province of Idlib.

Russia said its raids were only targeting Idlib and the central province of Homs to root out militants of the Islamic State group and Syria's al-Qaida affiliate. But Syrian warplanes were pounding rebel-held districts of Aleppo, home to nearly 275,000 people.

Residents said the aerial campaign intensified Wednesday. Syria's Civil Defence, known as the White Helmets, recorded at least 150 raids, more than double the number of attacks on Aleppo on Tuesday.

Resident Modar Shekho said warplanes hadn't left the skies over his neighbourhood since 9 a.m. "The helicopters would leave and the jets would arrive," he said by telephone, adding that the helicopters were dropping seven or eight "barrel bombs" at a time "causing a lot of destruction."

Adham Sahloul of the Syrian American Medical Society, which supports several hospitals in opposition areas in Syria, said it appeared the government was focusing its fire on Aleppo's medical infrastructure, including the central blood bank, which was also hit.

There are only five functioning trauma facilities left in eastern Aleppo, he said.

THE ASSOCIATED PRESS

SPACE

Astronaut, 56, to be the oldest woman in orbit

NASA astronaut Peggy Whitson is on the verge of becoming the oldest woman in space, adding to her long list of barrier-breaking records.

Whitson will be 56 when she rockets off the planet Thursday. She'll celebrate her 57th birthday in February on the International Space Station.

That's a far cry from John Glenn's space shuttle flight at age 77 and a few years shy of the male runners-up. But it's enough to beat Barbara Morgan's record as the world's oldest spacewoman. Morgan waited so long to fulfil her role as Christa McAuliffe's teacher-in-space backup that she was 55 when she finally flew in 2007.

This will be the third space station mission for Whitson, an Iowa-born biochemist, and her second stint as commander. She'll launch from Kazakhstan with two younger men, Russian and French. They'll join an American and two Russians at the space station.

"It is a great place to work and live, and I feel really lucky that we are going to be with friends while we're there," Whitson said Wednesday at the traditional day-before-launch news conference.

"Even if I'm just cleaning the vents in the fans, it all is important."

Whitson was the first woman to serve as commander of the space station — in 2007, nine years into its lifetime. She also was the first — and so far only — woman to head NASA's male-dominated astronaut corps. No other woman has spent more time in space. THE ASSOCIATED PRESS

Peggy Whitson speaks in Kazakhstan on Wednesday. DMITRI LOVETSKY/THE ASSOCIATED PRESS

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Thursday, November 17, 2016

CHANTAL HÉBERT ON FOREIGN POLICY IN THE TRUMP ERA

The questions raised by the imminent changing of the guard at the White House go well beyond whether governments such as Trudeau's can find common ground with conservatives

One can run but not hide from the aftershocks of Donald Trump's presidential victory.

Prime Minister Justin Trudeau is finding that out first hand this week as his first trip outside Canada since the American election turns into a damage-assessment mission.

It is a testimony to the magnitude of the shift in the tectonic plates brought about by the U.S. outcome that there is not an international forum and precious few of the world's capitals that is not scrambling to pick up the post-election pieces.

The questions raised by the imminent changing of the guard at the White House go well beyond the narrow scope of whether progressive governments such as Trudeau's can find productive common ground with a conservative president.

Cuba was the first stop on the PM's itinerary this week. Until the U.S. vote, the prime minister might have expected to find some lingering buzz from President Barack Obama's historical visit to the island last spring. It was part of a thaw in the relationship between Cuba and the U.S.

But in Havana, excitement has given way to trepidation. Uncertainty as to whether Trump will follow up on his predecessor's overtures has replaced momentum. On the campaign trail, the president-elect blasted Obama's visit to Cuba.

It has already become conventional wisdom that Trump's win could derail Trudeau's Liberal agenda. There is truth in that.

Later this week Trudeau will land in Peru for the annual Asia-Pacific Economic Policy (APEC) summit. The organization's 12 member countries recently negotiated the Trans-Pacific Partnership. But the American election has sapped the impetus for the ratification of the massive free-trade agreement. Last week, president Obama formally abandoned plans to submit the deal to Congress for ratification before the end of his term in January. Trump wants no part of the TPP.

The president-elect's shadow loomed large over this week's international climate-change summit (COP22) in Morocco. In theory, its participants had good reasons to celebrate. Propelled by international support, the global climate agreement struck in Paris last year has come into effect years earlier than expected.

The accord's signatories — including Canada — argue that the changing of the guard in the White House will not diminish the political will to act in concert on climate change. Time will tell whether they are whistling past the graveyard.

A pivotal part of the infrastructure of the Paris accord was an alliance between China and the U.S. They jointly agreed to a reduction in their carbon emissions. But Trump is not expected to hold the American side of the bargain.

On the heels of the U.S. election, Trudeau reaffirmed Canada's intention to lead a military deployment in Latvia as part of NATO's latest strategy to deter Russia. In Moscow, Trump's victory has been interpreted as an encouraging sign that could lead to NATO being forced to reconsider the deployment.

A bit more than a week after Trump's victory, it has already become conventional wisdom that his installation in the White House will at least complicate if not derail Trudeau's Liberal agenda. There is truth in that.

WHEN IT HITS YOU THAT EVERYTHING'S CHANGED Cuban President Raul Castro and Prime Minister Justin Trudeau listen to a lecture at the Havana University on Wednesday. GETTY IMAGES

But more than a few policy tenets close to the heart of past Conservative governments are equally on the line. Think of NAFTA — the brainchild of Brian Mulroney's Tory governments — but also of the moribund TPP. It was negotiated on the watch of the previous federal government. The final deal was arrived at in the heat of the last federal campaign.

Under Stephen Harper, Canada took credit for playing host to the secret meetings that led to the U.S.-Cuba rapprochement.

The Conservatives set the climate-change targets that Trudeau is seeking to achieve as part of the obligations Canada contracted under the Paris agreement.

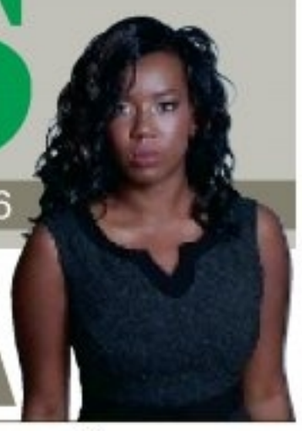
One of the distinguishing features of Harper's foreign-policy doctrine was his strong stance against Vladimir Putin's military goals. Trudeau's Latvia deployment fits into that doctrine, as does the ratification by the Liberals of the Canada-Ukraine free trade agreement initially negotiated under the Conservatives.

And then, what would Harper — as a staunch champion of Israel — have made of the anti-Semitic undertones of some of the rhetoric of Trump's campaign?

On Wednesday, interim Conservative leader Rona Ambrose offered her caucus a few positive thoughts about Trump's victory. But when all is said and done, the president-elect poses a greater threat to Harper's trade- and foreign-policy legacy than Trudeau ever did.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.

VICKY MOCHAMA



When the right wing BLASTS COOL R&B, we owe it to them to listen

The most compelling event in politics right now isn't happening inside Trump Tower. It's the Conservative Party's leadership race.

Of course, the prime minister is still doing cool, young stuff like a fall reading-week trip to Cuba and begging for foreign-investment dollars. But, more rivetingly, the Opposition is figuring out who among a wide field of relative unknowns should lead them.

There are 12 candidates, i.e., enough players for a Canadian football team. The field is a who's-who of people one might remember and people who have Wikipedia pages. There are so many contenders that I came up with a mnemonic: BLASTS COOL R&B (Bernier, Lindsay, Alexander, Saxton, Trost, Scheer, Chong, Obhrai, O'Toole, Leitch, Raitt & Blaney).

Just because it's not about famous names that doesn't mean it should be underrated. This is the first chance to truly hear vision and ideas from Conservatives who were swept under by the decade-plus of Harper's leadership.

At last week's debate in Saskatoon, each candidate's 40-second speaking limit meant that they could only say a sentence or two on topics like immigration and free trade, so it often sounded more like a fast-paced brainstorming session than an argument. But there is genuine disagreement. At a Sunday event in Greely, Ont., Michael Chong was booed for suggesting that climate change is real, while Brad Trost was applauded after saying, "I don't believe climate change is a real threat."

Still, were it not for one element, the race would seem like a student-government election at a fancy prep school: well funded and appropriately aggressive, with all in agreement that the current headmaster is not for them. But the spectre of global populism hangs over the race.

The clear populist candidate is Kellie Leitch, a trained orthopaedic surgeon who rails against "elites." Her campaign blamed a possible break-in at her house on "the left." Most notoriously, she has proposed a Canadian-values test for immigrants and vowed to bring Donald Trump-style politics to Canada. Leitch lacks Trump's presentational verve, but she may have her finger on the pulse. Some Liberals, fearing the worst, are registering with the Conservative party to vote for anyone but her.

In 2004, following the Canadian Alliance's merger with the Progressive Conservatives, the new Conservative party had only three contenders for leader: future Instagram star Tony Clement, noted floor-crosser Belinda Stronach and Master of the Dark Arts himself, Stephen Harper.

Before you tweet me, I mean to compliment Steve for having united Canada's heterogeneous right-of-centre movement and convinced it to speak with a single voice (his). But the other voices didn't disappear. And now, out of Harper's shadow, 12 visions are coming from a party that used to provide only one.

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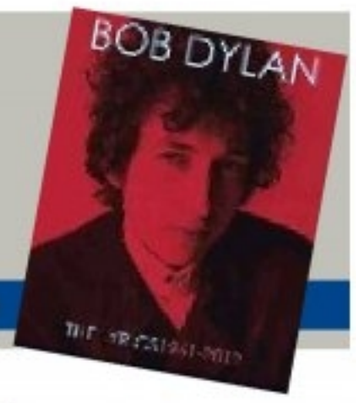


Lingerie that's not about sex

INTERVIEW

Reframing the conversation from a French point of view

Amber Shortt
For Metro Canada

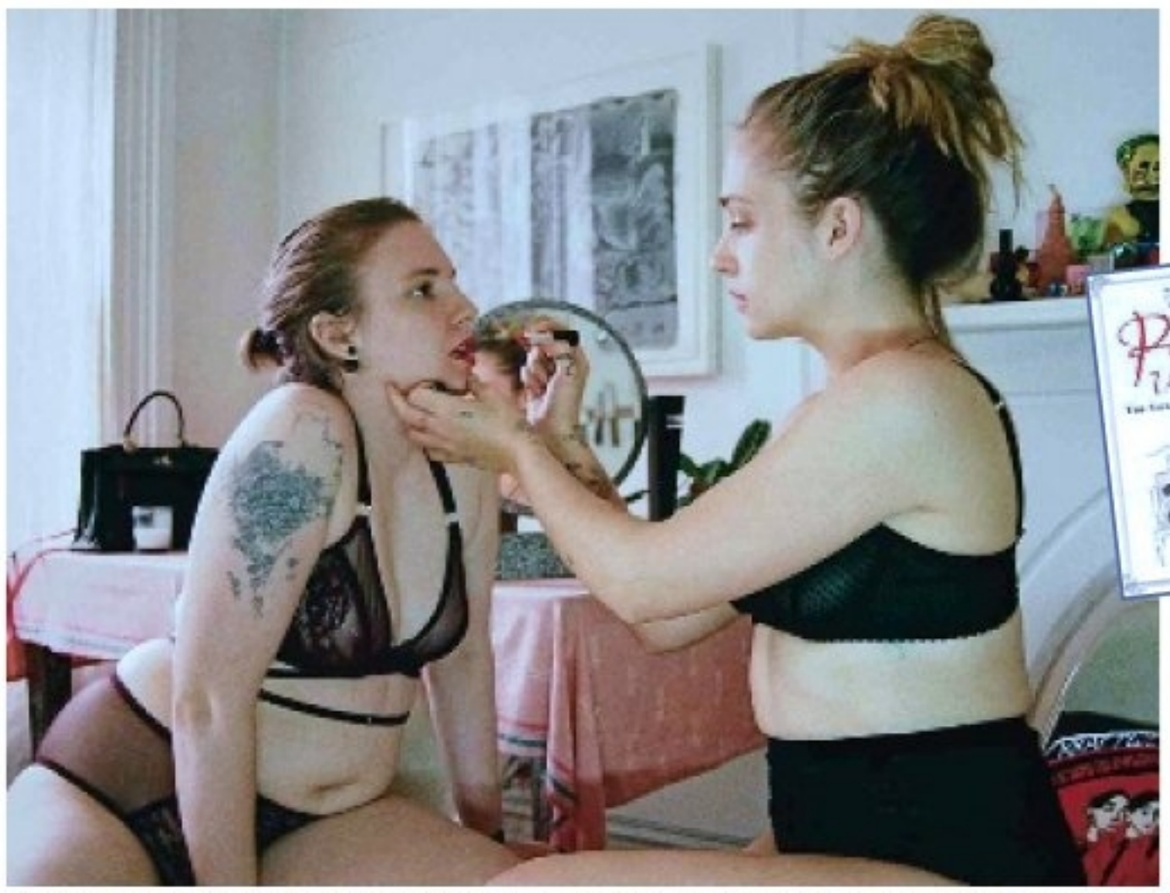
When Toronto's Kathryn Kemp-Griffin went to buy her first bra, the message from lingerie ads was clear: wear this, get laid.

"I remember growing up thinking it was all about purpose," says the author, who now also runs lingerie-themed tours of Paris. "What do I put on if I don't want to get laid? I don't really know what that means at 13."

She found in North America the conversation circled further around function: lift this, slim that, two-for-one deals, back fat. Comfort was an excuse for a lack of aesthetics, she says.

But after moving to Paris with her husband in 1990 — in a frayed pair of Jockeys — she started to believe lingerie could be something more.

"There's a difference in language when the French were talking about lingerie versus when North Americans were talking about lingerie," says Kemp-Griffin, who was in Toronto recently to promote her new book, Paris Undressed: The Secrets of French Lingerie.



Friends Lena Dunham and Jemima Kirke appeared in an untouched-up ad campaign for Lonely. In Paris Undressed, author Kathryn Kemp-Griffin says lingerie should be about activating the senses, not fixing perceived flaws. ZARA MIRKIN & HARRY WERE / COURTESY OF LONELY

In the book, Kemp-Griffin essentially offers a mindfulness guide to wearing lingerie the French way. She tells readers how to take a Marie Kondo-like approach to their underwear drawer (though Step 1 is to call it lingerie, not underwear). Toss wince-inducing pieces, she instructs. Then, buy a flower in your favourite colour, and a bra to match. "Notice that there are no flowers in beige!" she writes.

Throughout the book, she explains the history of lingerie — highlighting the lost one-on-one conversations with seamstresses to mass marketing and standardized sizing — and asks readers to more closely consider fabrics, such as the feel of silk and the detailed construction of lace.

The idea is lingerie should be about activating the senses, not fixing perceived flaws, she says.

"When you watch all the designers ... they're always slipping their hands underneath. That's where you see the opacity, that's where you see the light, that's where you see the transparency, that's where you see how the fabric plays with the skin, and you see the skin as the composition," says Kemp-Griffin. "By the time the product gets made and marketing gets slammed on, all the different slogans, all the rest, they've lost the dream, the textures."

And Kemp-Griffin knows about the importance of the dream. She moved to Paris at the flip of a coin (the alternative was San Francisco) and says there's something about being in a new place, and seeing the juxtaposition to home, that can help one find a new perspective.

But no matter where we are, it's hard to leave long-built anxieties behind, she says.

"We can not get away from our own individual upbringing, our religion, what mom said, what our sister said, what a good boyfriend said, what a rotten boyfriend said," she says. "It all gets wrapped into this poor little bra."

She sees it in the women who come on her lingerie tours: At Le Bon Marche department store, when the women are trying on lingerie, she says she often has to tell them to turn around and face the mirror instead of facing her, waiting for her opinion.

"Sexy, seduction, sexuality, sensuality: there's all these words we sort of know the dictionary definition of, but nobody ever asked what they mean to us."

And though those words come up plenty in the book, with bonus erotica recommendations and instructions for making your own tassels, one thing is noticeably absent: a sexual partner.

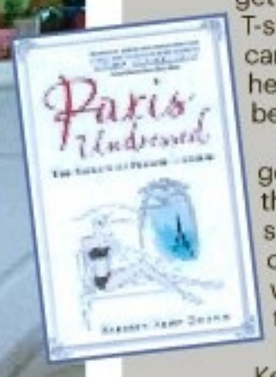
"I wrote (the book) for women, I wrote it for any women who have had any inkling that there's more to it than that," says Kemp-Griffin.

And in a year that saw women embracing a bra-free movement, plus-size model Ashley Graham walking the runway in her own lingerie collection, and Lena Dunham being featured in an untouched-up Lonely Label ad campaign, it seems women in North America are ready to reframe the conversation around lingerie as well.

GARTER BELTS

Ideal fit for wintertime

Kathryn Kemp-Griffin may be able to convince the North American woman to get rid of beige T-shirt bras, but can she convince her to try a garter belt?

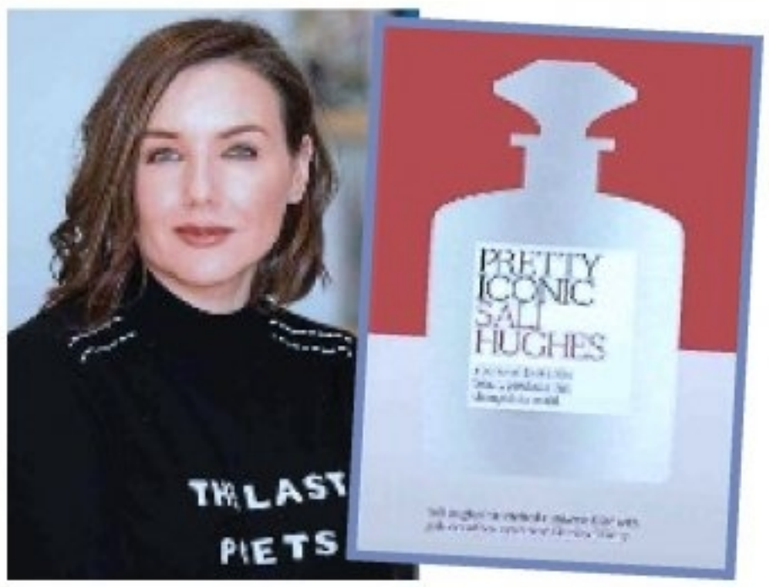


"I think I can get her to try them on," she says, noting cold Canadian winters may be the ideal climate.

Kemp-Griffin, who recommends donning the more secure six-strap, rather that the pin-up-y four, says they can be handy under a pair of jeans when you're also bundled in a parka.

"It's nice not to have all those different layers above," she says.

AMBER SHORTT/FOR METRO



Sali Hughes is the author of Pretty Iconic, a book about beauty products that changed lives. BERNARD WEIL/TORSTAR NEWS SERVICE

TRENDS

Unfiltered beauty talk with Sali Hughes

Sali Hughes knows there is more to beauty than a million Instagrammers trying to look like Kim Kardashian.

As the Guardian newspaper's beauty columnist and author of the website salihughesbeauty.com, Hughes, 41, is known for her discerning taste, down-to-earth approach to beauty and for her unfiltered straight-talk.

Here, the U.K.-based author chats about her new book, Pretty Iconic, ($34.99, Fourth Estate).

How did you decide what went in the book?

A product either had to have changed the beauty industry, or changed women's lives.

What makes a product iconic?

If you look at something like Chanel No 5, even people who have no interest in beauty still know that that is Chanel No. 5. Other things are iconic because they absolutely changed the course of beauty.

Some people see beauty products as frivolous. Why does a book like this matter?

Beauty products are the tools that help us project what we want to the world. That's a really powerful thing.

What's an overrated trend you're seeing right now?

I could live without seeing more contouring. I feel a little bit sad that young women feel they have to change the shape of their heads. It's too much. I would like people to embrace their differences instead of all trying to look like Kim Kardashian. That's like saying only one kind of flower is beautiful. All of Instagram can't be that sharp brow and contouring. It's boring. Also, it looks like s–t close up.

Did that skin condition influence where you are today?

It changed my life. My mum left when I was a baby so ... I was in a completely male household. Probably I would have always craved the feminine stuff — I would have always loved makeup — but I think the Ichthyosis made my obsession a 360 degree one.

TORSTAR NEWS SERVICE

Can't fall asleep? Time to get Napflix

STREAMING

From sheep to curling, film fare to relax your brain

Love TV? Have trouble sleeping?

Perhaps you should check out Napflix.com, a collection of intentionally soothing/boring films and videos culled from YouTube.

The free service is the work of two advertising workers from Spain, the home of the siesta.

Napflix describes itself on its site as "a video platform where you can find the most silent and sleepy content selection to relax your brain and easily fall asleep."

The zzz-inducing fare includes chickens on a rotisserie at Swiss Chalet, sheep (circa 1954), rain on a window, candles burning and real-time chess.

For Canadian content, there's men's curling, although that has been blocked out for Canada. Surprisingly, there are no debates on the future of the Canadian Senate.

Some of the Napflix offerings are clearly parodies, like one on forgotten stamps.

Others are unintentionally pulse stopping, like a BBC documentary on the life of pandas or another BBC effort on Einstein for the masses.

TORSTAR NEWS SERVICE

Napflix describes itself as 'a video platform where you can find the most silent and sleepy content selection.' SCREENSHOT

REGULATION

CRTC head blasts Shaw, Rogers, over Shomi

The head of Canada's broadcast regulator blasted Rogers and Shaw for shutting down its video streaming service, Shomi — a platform he sees as the future of content.

It was a "shock" to hear the companies were throwing in the towel on the platform so soon after it launched, said CRTC chairman Jean-Pierre Blais in prepared remarks for a speech in Ottawa on Wednesday at the annual conference of the Canadian chapter of the International Institute of Communications.

"I have to wonder if they are too used to receiving rents from subscribers every month in a protected ecosystem, rather than rolling up their sleeves in order to build a business without regulatory intervention and protection," he said in his prepared remarks.

Blais said the Canadian Radio-television and Telecommunications Commission has been watching the development of streaming services, like Shomi and CraveTV, with some interest since they entered the market.

He called such services "the future of content" in his prepared remarks.

Rogers and Shaw launched Shomi in November 2014. The streaming service had neared 900,000 customers before the decision to eliminate it at the end of this month was announced in late September.

> **I have to wonder if they are too used to receiving rents from subscribers every month.**
>
> Jean-Pierre Blais, CRTC chairman

Meanwhile, Bell Media, which launched its platform CraveTV in December 2014, said earlier this month that the service hit one million subscribers.

Rogers declined to comment on the remarks made by Blais, while Shaw did not respond to a request for comment.

But the two companies were not the only targets of the CRTC chair's critique.

During the speech, Blais also called out some large telecommunications companies for grumbling about the CRTC's decision that they must provide their competitors wholesale access to their networks.

THE CANADIAN PRESS

GOSSIP IN BRIEF

Carrie Fisher says she had an affair with Star Wars co-star Harrison Ford

Carrie Fisher has revealed that Princess Leia's romance with Han Solo in Star Wars extended off-screen, as well.

Fisher tells People magazine that she enjoyed an "intense" affair with co-star Harrison Ford during the filming of the 1977 blockbuster.

Fisher was 19 and Ford was 33 and married at the time of what she says was a three-month affair. The actress tells People, "It was Han and Leia during the week, and Carrie and Harrison during the weekend." She says the romance ended when shooting on the film did.

Fisher writes about the fling in her new book "The Princess Diarist," which recounts her experiences on the "Star Wars" set. She says that she gave Ford a heads-up about the book and he received a draft.

A representative for Ford didn't immediately respond to a request for comment.

THE ASSOCIATED PRESS

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metro HOME
Your essential daily news

Cindy Crawford is selling her Malibu home for $60 million

MEET THE CONDO

A new benchmark for design

CONTRIBUTED

Project overview

Hawthorne is an elite collection of modern residences situated adjacent to Queen Elizabeth Park on Cambie Street, arriving early 2017. Rising seven storeys above the park on Vancouver's esteemed Cambie corridor, this new benchmark for design features progressive modern architecture with bold elements and a striking facade.

Housing amenities

The interiors have been thoughtfully crafted by Cristina Oberti Interior Design and architecture showcases masterful attention to detail, with open-concept kitchens and sizable floor plans with expansive glass and over height ceilings. A spacious rooftop area will be available to all residents.

Location and transit

Located at Cambie and West 34th Ave., Hawthorne is located minutes from the rapid transit Canada Line and local buses for quick access to reach downtown Vancouver, Richmond, or UBC. Closer to home, residents are a short walk from local shopping, or a quick ride to Oakridge Centre.

In the neighbourhood

Immersed in one of Vancouver's most desired neighbourhoods — the Cambie corridor — Hawthorne is unmatched in its prime urban location while also featuring the parkside setting of Queen E. Every daily amenity is within minutes, such as 130 acres of idyllic forest trails and garden paths, several award-winning restaurants, and excellent schools.

NEED TO KNOW

What: Hawthorne
Developer: Pennyfarthing Homes
Designer: Architecture by Shift Architecture, Interiors by Cristina Oberti
Location: 4988 Cambie Street
Building: Seven-storey mid-rise concrete apartments
Sizes: Not yet announced
Model: One to four bedrooms
Pricing: TBD
Status: Pre-sales
Occupancy: Arriving early 2017
Sales centre: 4988 Cambie Street
Phone: 604-558-1907
Website: LiveAtHawthorne.com

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After the tree fell, we got to work

RENOVATIONS

Accident created an opportunity to redecorate

Debra Norton
For Torstar News Services

THE ROOM BEFORE THE TREE FELL ON OUR HOUSE

THE ROOM AFTER WE RENOVATED

A tree fell on my house!

Thankfully, we had just arrived in P.E.I. for our annual holiday a few days earlier, so we weren't inside at the time. My son, Julian, was fast asleep, oblivious to the news that a massive old oak tree had just crashed through his bedroom ceiling and onto the bed on which he was sleeping just a few days earlier back home in Toronto.

I had just sat down at the kitchen table with a fresh cup of coffee, still relishing in that relaxed sleepy haze that you wake up with at a cottage, pondering which beach to visit. Then my cellphone rang. It was my brother, Jim. I don't quite remember his exact words that morning when he called to tell us a tree had fallen on our house, through the roof, crashing through my son's bedroom ceiling.

Managing the aftermath of a small disaster like this from 1,700 km away was unnerving. We were very lucky to have family and generous neighbours ready to step in and deal with the details for us, insisting that we stay put and enjoy our vacation. The next two weeks were spent taking the kids to the beach, eating lobster and sending the occasional panicked text to Jim or our neighbour Ana to make sure the patched roof was still secure after another crazy, heat-induced rainstorm.

We thought that when we returned home the damage could be fixed within a month. But due to a combination of structural damage, bureaucracy and dealing with some unreliable tradespeople, the drama continued for nearly eight months. For five them, Julian, who was then 12, slept on an inflatable mattress next to ours. His room — all 70 square feet of it — had to be completely gutted.

In the grand scheme of home disasters, ours was tame. No one got hurt. We still had a roof over our heads (although with a giant tarp-covered hole in it) and we had insurance. And as much as it wasn't how I imagined spending my summer, the disaster provided me with an opportunity to make over Julian's room — a chance to convert his pace from a little boy's room into a nearly-teen's.

Transforming Julian's room

We promised Julian that he could pick any colour he wanted for the walls. He chose orange. The key to making a colour so vibrant work in a room so small is to hand your child a thick palette of oranges you can actually live with. He will think that he is in full control, when really you are.

FIVE TIPS I LEARNED ABOUT MAKING A SMALL BEDROOM FUNCTIONAL

1 Paint

If a room is small and doesn't have a great deal of natural light, like Julian's, try to keep the wall colour light — it'll help reflect whatever natural light is available. We used Benjamin Moore Simply White (the 2016 colour of the year) everywhere but one feature wall, which we painted in Orange Parrot. The orange wall actually works quite well. It gives the room a nice pop of colour and when the sun does shine through his west-facing window, a beautiful warm glow fills his room. He just thinks the orange wall is cool and that he may have succeeded in one-upping me.

2 Furniture

Choose space-saving furniture. Keep the scale of the furniture on the small side and if you can, avoid filling up the room with furniture. Stick to what is necessary. We got rid of a large vintage dresser and replaced it with a metal bookcase. A couple of baskets sit on the bottom shelf holding socks and underwear and can easily be pulled out. A vintage desk and nightstand found on Craigslist have drawers and storage space to hold belongings but they don't take up a lot of room.

3 Organizing knick-knacks

Collections don't have to be hidden away — put them on display. Although Julian's beloved Lego hasn't been used in quite a while, we poured it into a big glass jar and it sits on a shelf looking all colourful with the hope that one day it will look enticing enough that my son will abandon his iPad for it. Award ribbons are displayed on an old cash register tray found at an antique market. We hung medals from hooks.

4 Smart storage

If possible, choose furniture that has more than one function such as a bed with drawers underneath. Clothing went into a built-in on an odd-shaped wall opposite his bed. We added an Ikea dresser from the Pax system with shelving above and a rod to hang clothing that isn't foldable. Space under his bed was utilized with a trundle-type box on wheels that holds off-season clothing, books and toys.

5 Embrace the space

It is what it is. Small rooms can also be cosy retreats for kids away from their busy, often overscheduled lives. The key is to keep the space free of too much clutter and a space that has, in theory, a place for everything. In reality, a teenager lives there so the spillover from boxes and bins is probably inevitable.

Remember!

One day they will wake up and realize that this space, whatever its size, is home and they are lucky to have a warm non-inflatable bed and a ceiling where the light is from a fixture and not the sky. They will pick up their dirty smelly socks and soccer gear and put them in the laundry basket and open their door once again. In the meantime, please pour me another glass of wine.

DEBRA NORTON/FOR TORSTAR NEWS SERVICES

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An outdoor space for every season

CONDO

Terrace design helps welcome changing weather

Its view across treetops and down to the lake is one of the things that makes a Toronto couple's terrace their refuge.

The expansive outdoor space is designed into "rooms" for relaxing, for entertaining, for gardening. And up on the eighth floor of their Bloor West condo, Jan and Bill Chepesiuk can be found enjoying their outdoor oasis — even in the winter.

"We love all the seasons and we use the terrace in all of them," says Jan. "In the winter, during the day we'll sit out in the sunshine, and we put on the fire table. At night, in any season, Bill and I go out there to look at the stars before bed. During the day we watch the planes go by. Every day is unique, the sunrise and the sunset are always different."

They found the condo five years ago, downsizing from their west-end family home after their two sons had both left for university.

"We were looking for a place that could be renovated or for a condo. We looked for three years, and had a specific criteria list: subway, privacy, didn't want a condo next to us. As soon as we saw this place we knew it was the one — for its space, inside and on the terrace, but also the green space behind us," says Jan.

As well, the ability to grow a garden and entertain outdoors were on their list. And a nearby park was important, too, for Lily, the couple's five-year-old golden doodle.

The Chepesiuks' condo terrace allows them to entertain outdoors year-round. TORSTAR NEWS SERVICE

Jan Chepesiuk and her golden doodle Lily relax by the fire table. TORSTAR NEWS SERVICE

With a shared love of outdoor activities — skiing, hiking, tennis — the Chepesiuks' condo terrace also allows them to entertain outdoors, almost year-round. In fact, they say they use their terrace more than the patio of their previous house, because access is easier.

Being on the eighth floor is perfect, Jan says, because it's just at the treetops, allowing for tremendous views over High Park to the lake, but not so high up that wind is an issue.

In summer, they spend all their time out there. But weather doesn't hold them back from entertaining on the terrace in the winter: they dispense fleece blankets and jackets to their guests and head outdoors — at least for after-dinner drinks around the fire table. "It makes you feel young again, sitting by the fire," Jan says.

On really cold days in the winter, they read by the living room fireplace and look out over the snow-sprinkled evergreen shrubbery.

"We love the terrace because it is an oasis from the intensity of city life. The vista of the trees and the lake in the distance appear like an endless park," says Jan.

"For both of us, the terrace allows us to be in touch with nature. Only the view of the CN Tower reminds us that we are in the middle of a metropolis."

When they first purchased the condo, their outdoor space was a cement slab with a cement wall separating them from the next suite. Jan, a former school principal who earned her design degree part-time while her children were small, redesigned both inside and out, so that the two spaces would complement each other.

At 1,000 square feet, the terrace is a third of the total footprint of their condominium.

Jan approached the terrace as an extension of the living space — the colour scheme of muted blues and greys carries through to the outside, brightened with yellow accents.

She then created separate rooms: overlooking the park to the south, a comfortable seating area with a sectional, occasional chairs and a fire table; in the middle, a dining table that seats 10; and next to that at the north end, a wet bar with a high counter and Phillippe Starck Ghost bar stools.

A smaller terrace off the kitchen gives Bill free rein for his green thumb and come summer it's overflowing with herbs — he also designed the watering and drainage system to keep the evergreen plants healthy.

Jan designed the unique bar, which is constructed from glass framed in steel and lights up from inside. It's meant, like all the furnishings, to withstand the elements all year round because everything, including sofas and cushions, stays out in the winter.

With solar-powered lights illuminating newly fallen snow, the terrace looks like a winter wonderland from inside when Jan looks out from her spot in front of the fireplace.

TORSTAR NEWS SERVICE

LANDSCAPING

Start digging away at your cool-climate gardening project

Wildflowers are among the easiest plants to grow, especially if you copy Mother Nature. For cool-climate gardeners, that means spreading seed over the ground after the first killing frost and before the ground hardens. Natural germination inhibitors will keep them from sprouting if temperatures warm.

"A lot of (wild) grasses are good to go. You can plant them in spring or fall," said Bill Carter, president of Prairie Moon Nursery in Minnesota. "But for most of the flowers, especially the mixes, planting in the fall is best."

Prepare the ground by clearing away as many competing plants as possible. Rake to loosen the soil and rip away roots before surface seeding. Rototilling makes things easier if dealing with bare root wildflower plants or shoots.

Many gardeners like perennials because they continue to flower year after year, but add some annuals for instant colour. DEAN FOSWICK/THE ASSOCIATED PRESS

"Mass plantings can be done after some snow is on the ground," Carter said. "You can see the throw pattern better. And the freeze-thaw action of early winter actually draws seed into the ground. That naturally drills it in."

Most of Prairie Moon's wildflower seed orders come in the spring but sales for larger projects generally occur in autumn. "That's when the pros do their planting," Carter said.

> **The freeze-thaw action of early winter actually draws seed into the ground. That naturally drills it in.**
> Bill Carter

Choose bare root plants, plugs or seedlings if you want your wildflower gardening to be fast and easy, said Mike Lizotte, a managing partner of American Meadows, a gardening company in Shelburne, Vt.

"For most consumers, it all comes down to the size of the area to be planted," Lizotte said.

"They all want speed. But once you get over 100 square feet, when you calculate how many plugs, bare root plants and seedlings are required, that can amount to hundreds or even thousands of dollars."

You'll get the same results with seeds within a couple of years, he said. "That makes them a whole lot cheaper."

Most gardeners like perennials because they continue to flower year after year. "But they won't flower the first year," Lizotte said. "Incorporate some annuals for immediate colour."

Combination seed packages seem to be the most popular choice for wildflower buyers, he said. "Get a good mix of perennials and annuals with 20 to 30 species in it."

Shop around for wildflowers rather than seeking them out in the woods. The odds are against such plants surviving being transplanted because they often require habitats different from those in your yard.

"It's illegal to pull them out of the ground on most public lands," Lizotte said. "That can draw a stiff fine."

And be careful when shopping. Many seed packages come with a high percentage of filler. Ideally, you would be able to see what's in them or be able to determine how much is pure seed and how much is inert matter, Lizotte said.

The ultimate result is that the plants may not turn out like those pictured," Lizotte said. "Look for a company that has a lot of expertise rather than somebody with just a little flash packaging." THE ASSOCIATED PRESS

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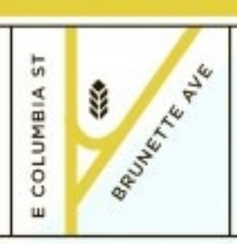

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Today's crafts, tomorrow's keepsakes

THE HOLIDAYS

There's no better time for DIY projects

Making your own ornaments and decorations for the holidays has its own rewards — the need to create is strong in many of us — but it feels particularly good to dig out your art supplies at this time of year.

"At the heart of it, this is what Christmas means to me — passing along warmth, memories, tradition, stories and so much more," says Bob Richter author of A Very Vintage Christmas (Rowman & Littlefield).

Richter keeps his childhood memories alive by decorating with vintage ornaments, some of which he received as a small child from relatives. Each delicate piece evokes a memory.

"As my grandmother grew older, she took pleasure in letting me decorate her tree, and I have many happy memories of doing it," Richter reminisces in his book.

"Now one of my favourite and most treasured ornaments is her favourite Santa Claus. Each year when I hang him on my tree, I think of her and smile."

Our children's handmade ornaments — perhaps incorporating a tiny handprint, a school photo or the year of its making — evoke similar sentiments every holiday season.

"Especially in this culture of time-pressed, technology-obsessed and often distracted people, I think it's more important than ever to pass along the things that really connect us," says Richter. "And Christmas does that."

These ornaments can be crafted using simple items around the house, such as toothpicks, yarn and cinnamon sticks. Crafting ornaments gives families an activity to do together and provides ornaments that may become next year's treasures.
ERIKA LAPRESTO/WOMAN'S DAY VIA THE ASSOCIATED PRESS

From the December/January pages of Woman's Day magazine come a few ornaments that evoke holidays past. These crafts require just the simplest of materials, such as toothpicks, yarn and wooden clothespins.

Especially when little glue-sticky fingers are at work, these crafts could become next year's treasures.

Knit bauble

"The ball ornament is the most recognizable ornament at Christmastime," says Woman's Day lifestyle director Taryn Mohrman. "You can use one that's a little chipped with a bit of yarn, you can turn it into something that evokes soft and cozy, and adds warmth to your tree."

Remove the metal top from a plain ball ornament. Hold two colours of yarn together and hot-glue them inside the opening of the ornament. Once dry, wrap both strands around the ornament to cover it completely; use hot glue to secure as you go.

Then apply red acrylic paint to the balls of two rock candy sticks, and trim the ends into points using scissors. Once dry, thread these "knitting needles" through the yarn on the ornament and replace the metal top.

Sweet scented tree

"These ornaments make great gift toppers," says Mohrman.

Bend a nine-centimetre piece of naturally coiled wrapped wire, available at crafts stores, in half to form a loop, and then gently push each end into the hollow part of a cinnamon stick. Use hot glue to attach cut sprigs of fresh rosemary for branches and small gems for ornaments.

Sparkling starburst

This ornament "is about the metallic, the glitter and the shine," says Mohrman.

Carefully push whole and halved toothpicks into a four centimetre foam ball, and then apply one or two coats of silver spray paint. While the ornament's still wet, dust fine silver glitter over it. Use a dab of hot glue to attach a string for hanging.

EVEN EASIER

Richter suggests stringing popcorn and cranberry chains — three popcorns for each cranberry — and tying hole-punched vintage holiday cards to tree branches with red ribbon. Find boxes of old cards at flea markets for a few dollars, he says.

Clothespin snowflake

"This is a good sturdy ornament that can be packed away and stand the test of time," says Mohrman.

You need: eight clothespins, craft glue, white acrylic paint, a paintbrush, a foam paintbrush, white glitter, red string and scissors.

Start by carefully sliding the metal clips off of the eight clothespins and discard. Reattach two wooden clothespin pieces by gluing the flat sides together. Repeat for the remaining wood pieces. Arrange these reattached wood pieces in the shape of a snowflake and glue together at the base; let dry completely.

Apply white paint to the edges and one side of the snowflake. While the paint is still wet, sprinkle on white glitter.

Once dry, flip the snowflake over and apply paint and glitter to the other side.

Finally, slip a length of red string through one of the openings in the snowflake and tie the ends into a bow; use it to hang the ornament.
THE ASSOCIATED PRESS

TRENDS

Furry, fuzzy and fluffy holiday decor with a soft touch

This season, faux furs, wools and other softly textured materials are giving holiday decor a cozy, festive feel.

The trend was prominent at this fall's Maison et Objet trade show in Paris. Booths were populated with winsome, appliqued, felt people and animals. Glamorous, jewel-toned feather trees dressed up tabletops. There were furry pillows printed with wildlife photos or embellished with metallic threads, sequins and pearls.

"That natural, organic, homespun feeling was all over the runways and it's trending at home, too," says New York designer Elaine Griffin. "For holiday, it manifests as an emphasis on bringing the outdoors in — think stylish, simple-chic arrangements of branches, leaves, berries, pine cones and moss — coupled with cozy, textured, wintry textiles like felt, faux fur and chenille."

There's a lot of versatility in these materials because faux fur, brushed wool, hides, and even velvet or feathers can say "winter cabin" as easily as "luxury suite." It's all in how you incorporate other style elements.

Emily Henderson, host of HGTV's "Secrets from a Stylist" and a Target home-style expert, is also a fan.

"Yarn and wovens are two of my favourites — they make a space feel extra warm and welcoming, which is what the holidays are all about," she says.

Little cone trees wrapped in cream-colored yarn, from Target's Threshold holiday collection, make a cozy tablescape. Here too are felted wool deer, bears and snowmen ready to create an arboreal winter woodland. A photo-printed stag on a soft, velvety throw pillow makes for a welcoming accessory. Restoration Hardware's felt stocking garland is a different take on the advent calendar. And there are plushy gift bags and stockings in faux mink, coyote or wolf fur.

At Z Gallerie, long-haired faux fur runners, tree skirts and wine bags come in cream or grey. Frontgate has Christmas stockings crafted of sumptuous coral or burgundy velvet and Grandin Road has a collection of hooked wool pillows with whimsical images of moose, cardinals, foxes and various canines sporting holiday garb.

A faux fur throw that looks like pheasant feathers could be repurposed as a glamorous tree skirt.

Or get creative with five feet of chocolate-y brown faux fur trim, from New Orleans-based ribbon designer Donna Stevens. It could edge a mirror, wrap a gift or garland a tree, perhaps.

Children and nature lovers might enjoy Pier 1's whimsical stockings embroidered with owls or squirrels and embellished with a faux fur collar, wing and tail. Red and white felt snowflakes come in garland or placemat form.

Another nice thing about this trend is that it isn't limited to Christmas; if you're celebrating Hanukkah, you can easily incorporate some blues and silvers. THE ASSOCIATED PRESS

Restoration Hardware's charming wool felt advent calendar stocking garland is a clever way to count down the days to Christmas. Right: Target's tabletop tree dressed in strands of yarn
HANDOUT

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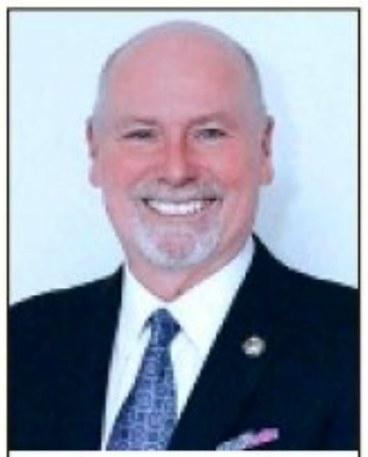

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MOUNT PLEASANT

metro SPORTS

The men's ski events are off next week due to warm weather, the first time in 29 years a World Cup downhill at Lake Louise has been cancelled

Seahawks committed to run with Prosise, Rawls

NFL

Seattle takes a sharp turn in direction of its ground game

Thomas Rawls is back practising with Seattle for the first time since Week 2. C.J. Prosise showed last week that he could be a solution for the Seahawks' underachieving run game.

And Christine Michael has once again been discarded by the Seahawks.

There are definitive changes that Seattle has made in an attempt to spark the 30th-ranked running offence in the NFL, centred on the belief that the combo of Rawls and Prosise can be the answer.

"We're going with guys that we want to go with," Seattle coach Pete Carroll said. "We're excited about where we're moving and think it's going to fit together really well. You'll find out. You'll have a chance to see what you think here in a couple weeks."

The makeover of Seattle's run game took a drastic turn in the past few days. First was Prosise becoming the primary ball carrier in last Sunday's 31-24 victory over New England, relegating Michael to a supporting role. Prosise had 17 carries for 66 yards, while Michael was on the field for only 11 plays and touched the ball just six times. Seattle finished with 96 yards rushing as a team, which is still a meagre total compared to what the Seahawks have done in the past, but was their highest since Week 3.

830

The number of yards **Thomas Rawls** rushed for in seven starts last season.

GETTY IMAGES

It was clear that a shift was happening and Michael's time as the primary running back was ending, despite rushing for 469 yards and six touchdowns. But the move to waive Michael and replace him on the roster with undrafted rookie Troymaine Pope was a clear indication of what Seattle wants the hierarchy to be going forward.

"C.J. did a really good job. He's doing the things we like seeing in him. We look forward to continue growing with him. That's one," Carroll said. "Thomas coming back, that's two, and we're all really excited about that. We've been waiting for that to happen."

A year ago, Rawls was a breakout star, rushing for 830 yards and four touchdowns in seven starts while filling in for injured starter Marshawn Lynch. Rawls was on pace for a 1,000-yard season, despite getting limited carries early, before suffering a broken ankle in December against Baltimore.

Assuming he makes it through practice without setbacks, Rawls isn't likely to be thrown back into carrying a huge load against Philadelphia. Before getting hurt in the first half of the Week 2 loss at Los Angeles, Rawls had just 19 carries for 25 yards and no run of longer than eight yards.

THE ASSOCIATED PRESS

On top of 66 rushing yards, Seahawks running back C.J. Prosise hauled in 87 receiving yards against the Patriots on Sunday night. CHARLES KRUPA/THE ASSOCIATED PRESS

NHL IN BRIEF

Stamkos out indefinitely with tear in his knee

Tampa Bay Lightning forward Steven Stamkos will be out of the lineup indefinitely due to a right knee injury, the team said Wednesday.

General manager Steve Yzerman said Stamkos suffered a lateral meniscus tear in his right knee in Tuesday night's game against the Detroit Red Wings. Stamkos has 20 points (9-11) in 17 games this season. THE CANADIAN PRESS

Flames' Gaudreau to have surgery on fractured finger

Calgary Flames forward Johnny Gaudreau was scheduled to undergo surgery Wednesday to repair a fractured finger.

Gaudreau suffered the injury in Tuesday's 1-0 win over Minnesota. A timeline for his return will be provided in the days ahead.

"It's his finger so it can be four (weeks), it can be six, you don't know," Flames coach Glen Gulutzan said.

THE CANADIAN PRESS

New Jersey Devils' Hall undergoes knee surgery

New Jersey Devils left-winger Taylor Hall has had surgery on his left knee.

The Devils announced Wednesday that Hall had a torn meniscus repaired in the procedure performed by team physician Dr. Michael Shindle and Dr. Jonathan Glashow, the club's chief medical officer. He will be sidelined up to a month. THE ASSOCIATED PRESS

MLB

Mad Max joins elite group with 2nd Cy

Max Scherzer of the Washington Nationals and Rick Porcello of the Boston Red Sox were named the Cy Young Award winners Wednesday.

Scherzer took the National League honour to become the sixth pitcher to win the award in both leagues. The right-hander, who led the majors with 284 strikeouts and topped the league with 20 wins, drew 25 of the 30 first-place votes.

After earning the AL honour in 2013 with Detroit, Scherzer joined Roger Clemens, Randy Johnson, Pedro Martinez, Gaylord Perry and Roy Halladay as winners in both leagues.

Max Scherzer
GETTY IMAGES

Porcello, who led the majors with 22 wins, won the Cy in the American League, narrowly beating Detroit's Justin Verlander. THE ASSOCIATED PRESS

IN BRIEF

RG3 cleared for contact but not ready to practise

Robert Griffin III's comeback isn't quite ready to begin.

Cleveland's quarterback, who broke a bone in his left shoulder in the Browns' season opener, has been cleared for non-contact drills and could play again this season. However, he won't practise this week and it's not clear when he will.

Griffin signed a two-year, $15 million contract in March. THE ASSOCIATED PRESS

Warriors' Curry and Durant too much for Raptors

Stephen Curry scored 35 points, while Kevin Durant added 30 to lead the Golden State Warriors to a 127-121 victory over a weary Toronto Raptors team for their fifth straight win Wednesday.

DeMar DeRozan had 34 points, the ninth time in 11 games the league's leading scorer has topped the 30-point mark. Kyle Lowry added 24, while Cory Joseph had 14 for Toronto.

THE CANADIAN PRESS

CANUCKS

Virtanen sent back down to the farm

The Vancouver Canucks have re-assigned Jake Virtanen to the American Hockey League's Utica Comets, the club announced Wednesday.

The second-year forward was also sent down last week at the tail end of Vancouver's recent six-game road trip. He was recalled on Sunday after a short stint in the minors that saw him fail to register a point in two games.

13

Virtanen had 13 points in 55 games last season.

Virtanen's status has been a hot topic this season for a club that sits 6-10-1 and has already endured a nine-game losing streak.

The sixth overall pick at the 2014 NHL draft has been in and out of the lineup, registering one assist in 10 games while averaging just over 10 minutes of ice time. THE CANADIAN PRESS

RECIPE One-Pot Tomato and Basil Chicken Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This recipe is called having your cake and eating it, too, since you make a satisfyingly yummy meal and then have barely any cleanup.

Ready in 30 minutes
Prep time: 5 minutes
Cook time: 25 minutes
Serves 4

Ingredients
- 1 lb boneless, skinless chicken breast
- Kosher salt and pepper
- 3 Tbsp extra virgin olive oil
- 4 cloves of garlic, minced
- 1x28-ounce can of tomatoes
- 1 1/2 cups low-sodium chicken broth
- 1 cup water
- 2 cups penne pasta
- 1 cup freshly shaved Parmesan cheese, more for garnish
- 1 cup fresh basil leaves

Directions

1. Generously season chicken breast with kosher salt and pepper. Cut into 1-inch pieces.

2. Add olive oil to a large skillet over medium heat. Place the chicken in the pan and brown on all sides. Lower the heat, add garlic and cook for 1 minute.

3. Add the tomatoes, chicken broth, water and uncooked pasta to the pan. Bring this mixture to a boil, then reduce heat to low. Cover the pan and cook for about 15 minutes. Remove cover and cook for another 5 minutes, or until liquid is reduced by half.

4. Remove your skillet from the heat and gently stir in the Parmesan cheese. Serve individual portions with a sprinkling of fresh basil leaves and a bit more Parmesan cheese.

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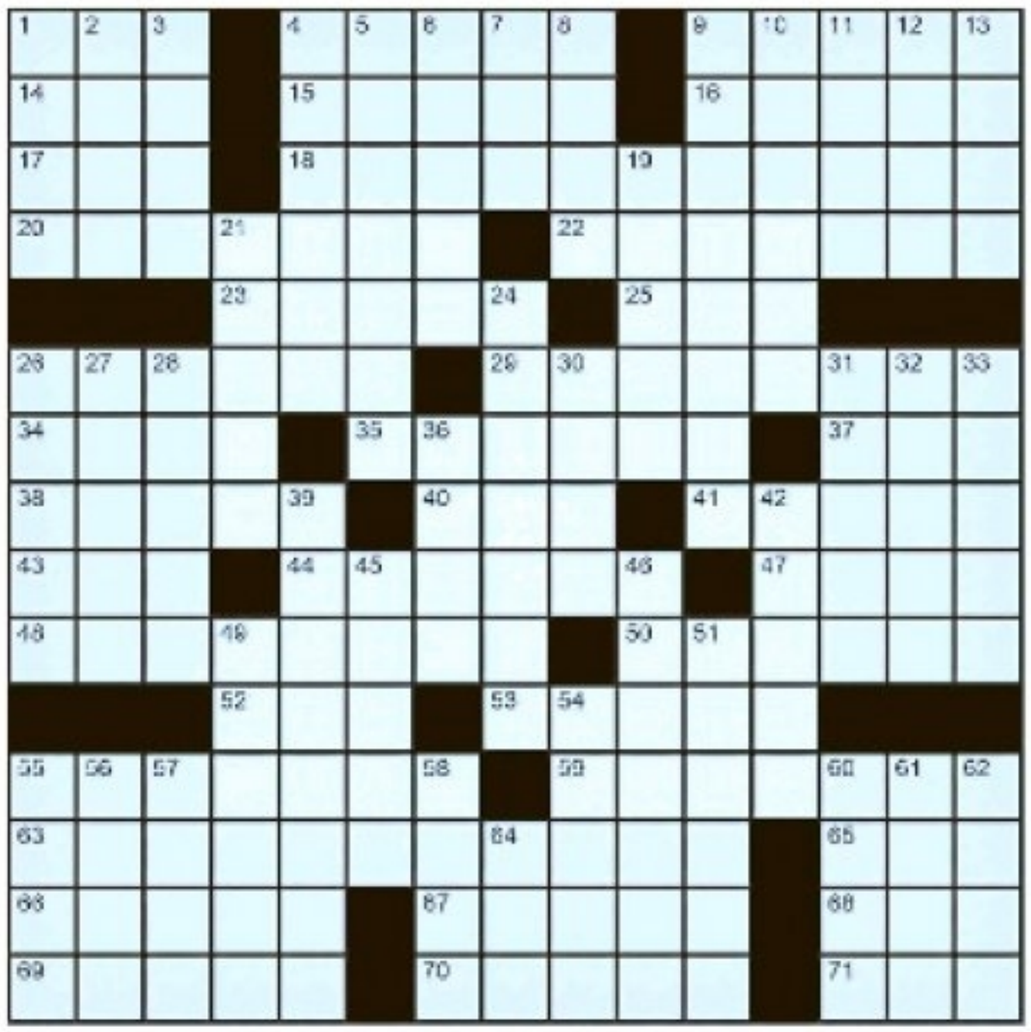
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Firth of Clyde topper
4. Belarus' capital
9. Awesome party
14. Montrealer's 'soul'
15. Flipping __ (Pregame tradition)
16. City in northern France
17. Baseball's Mr. Dykstra
18. New album by Inuk throat singer Tanya Tagaq
20. Collapse, cookie-style
22. Paid for dinner
23. Aware
25. Ms. Landers
26. Sports game outcomes
29. Vexers
34. 'Scotch' add-on (Stuff sprayed on a sofa, perhaps)
35. Uses a need-this-no-more office paper machine
37. Extinct New Zealand bird
38. Caper
40. Grocery store, e.g.
41. English actress Ms. Blunt
43. __ degree
44. Walks through the 'In' door
47. Extensions
48. Zaniest
50. From longest ago
52. Grand Opry link
53. South Pacific island group
55. Taxi trip: 2 wds.
59. Pass up
63. 'Ski Capital of Newfoundland and Labrador': 2 wds. (More at #4-Down)
65. Clash
66. Stables sound
67. 'Sea' suffix (Carried by the ocean)
68. Philosophy
69. 'Harry Potter' movies director David
70. Turn
71. "Never __ Never Again" (1983)

DOWN
1. Gym bag item
2. 'A' of USA [abbr.]
3. 'Desserts' detailer
4. __ Mountain (Ski resort located in the west coast of Newfoundland town at #63-Across)
5. Like fast food special orders of Pepsi or Coke
6. Attentive type
7. Lady's gent
8. Hand-make a scarf
9. Canadian ten cent piece schooner
10. Tedious listing of things
11. Dismounted
12. Gin flavouring
13. Mind the flock
19. Kraft, Aero or Tide, etc.
21. Weekday day, in Quebec City
24. Objectives
26. Haida Gwaii - British Columbia: Anthony Island village which is a UNESCO World Heritage Site, __ Gwaay Llnagaay
27. Bel __ (Opera singing style)
28. 'Straight'-meaning prefix
30. Close
31. French writer Mr. Zola
32. Breadbasket breads
33. Speak, archaically
36. Chart-topping songs
39. Dancing/singing/fun parties in Ireland
42. Athlete's prize
45. Dependent
46. Songbook standard: "Make __ Happy"
49. Gather grub
51. Binders, jacket, lunch storage spot
54. Love lots
55. "Our House" gr.
56. "I just had __."
...said the hot beverage enjoyer
57. "So __!" (Very well then)
58. Wanes
60. Goo Goo Dolls tune
61. Space mission org.
62. Ms. Rossum of acting
64. Turn to compost

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the most part, this is a feel-good day. However, do not make promises to family members that you can't keep. By evening, power struggles might take place. Just be cool.

Taurus April 21 - May 21
It's easy to overestimate things today, so be careful. People are inclined to exaggerate. Avoid conflict with others in the evening — it will be brief, but nasty.

Gemini May 22 - June 21
Your financial judgment might be a bit hazy today. You might spend too much or give away too much, or overestimate something. Be aware of this.

Cancer June 22 - July 23
Today the Moon is in your sign, at odds with Jupiter, which can make you too casual. You might ignore details. You might feel too lazy to do things.

Leo July 24 - Aug. 23
Because you feel sorry for someone who is less fortunate, you might be unrealistic in how you want to help him or her. Remember: True generosity is giving what is needed.

Virgo Aug. 24 - Sept. 23
When talking to a female friend today, resist the urge to promise more than you can deliver. Don't create a situation where someone else feels let down.

Libra Sept. 24 - Oct. 23
Do not volunteer for anything today, because in your eagerness, you might take on more than you can handle. Respect your own limitations. Be kind to yourself.

Scorpio Oct. 24 - Nov. 22
Travel plans look exciting! However, late in the day, make a point of avoiding controversial subjects like politics, religion and racial issues. You'll be glad you did.

Sagittarius Nov. 23 - Dec. 21
This is not an ideal day to decide how to divide an inheritance or figure out how to share something. Your financial judgment is a bit off. Use caution.

Capricorn Dec. 22 - Jan. 20
Enjoy conversations with others today, because you feel laid-back and easygoing. Nevertheless, avoid conflict this evening, because it will be too intense. Oh yeah.

Aquarius Jan. 21 - Feb. 19
Tackle what is realistic at work today. Be careful about overestimating something or taking on more than you can comfortably handle.

Pisces
Feb. 20 - March 20
You will enjoy sports events and playful activities with children today. However, by evening, be patient with kids and romantic partners in order to avoid conflicts.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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3			9					5
7			4					3
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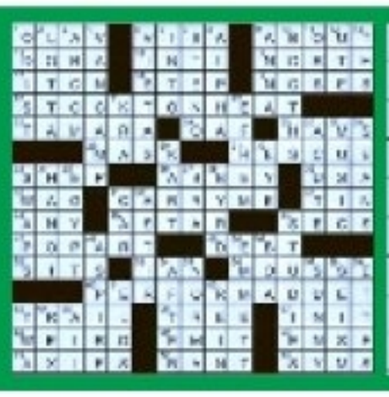

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8	9	4	6	2	3	7	5	1
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